

Pottawattamie County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- **Mental Health: Depression:** According to the 2009 Community Health Status Indicators for Pottawattamie County, 5,075 people have major depression (approx 6% of population). The Behavior Risk factor surveillance System shows that 20.79 % reported feelings of stress, depression or problems with emotions for one or more days.
- **Drug and Substance abuse:** Per the CHSI for Pottawattamie County, 3754 people had used drugs within the last month (data from 2009). This equals to approximately 4% of the population. In addition, the following percentage rates were listed for at risk behaviors related to substance use in the state of Iowa: binge drinking (>5 drinks in one sitting for men; >4 for women occurring more than once in the last month): 20.2%; chronic drinking (>1 drink/day for women; >2 for men) with a 5.4% rate; and daily smoker was 18.8% rate.
- **Teen Pregnancy:** In 2007, the teen birth rate in Pottawattamie County was 4.4% (144 out of 3284 births) per IDPH. County Health Dept is also collecting data regarding subsequent pregnancies for teen mothers; specific percentages not available at this time.
- **Obesity:** Pottawattamie County as of 2008, had an obesity rate of 26.8% per the Community Health Status Report. Research has shown that as weight increases to reach the levels referred to as "overweight" and "obese," the risks for the following conditions also increases: coronary heart disease, type 2 diabetes, cancers (endometrial, breast, and colon), hypertension (high blood pressure), dyslipidemia (for example, high total cholesterol or high levels of triglycerides), stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis (a degeneration of cartilage and its underlying bone within a joint), and gynecological problems (abnormal menses, infertility). As such, overweight and obesity can be used as an indicator of the health of a population related to chronic disease. In addition, high percentages of overweight and obesity may indicate a need for public health strategies such as promoting healthy food and beverage choices, encouraging breastfeeding, encouraging physical activity, or limiting sedentary activity.
- **Parenting:** According to the Iowa Dept of Human Services, Pottawattamie County saw a 51.1% increase from 2000-2007 in confirmed cases of child abuse and neglect. There were 515 confirmed cases in 2007. In addition, 15.8% of children are below the poverty level in Pottawattamie County; possibly resulting in parenting concerns. (this data also obtained through Iowa DHS)
- **Breast feeding:** The breastfeeding rate in Pottawattamie County for 2006-2008 was 18.5% per the Newborn Metabolic Screening Data.
- **Adult and child immunization rates:** In 2007, the rate of children that were fully immunized at age 24 mos. was 74.6% in Pottawattamie County (<http://www.cfpciowa.org>). In looking at vaccine preventable, reportable diseases, the following cases were reported for Pottawattamie County in 2009: hepatitis A: 5; hepatitis B: 14; pertussis: 3; and there were 0 cases of rubella, measles, and haemophilus influenzae b (Hib). In addition, adults over 65 had an immunization rate against pneumonia and influenza of 65.4% and 75.7%

respectively (all data from <http://www.communityhealth.hhs.gov/PreventiveServicesUse.aspx?GeogCD=19155&PeerStrat=20&state=iowa&county=Pottawattamie>)

Prevent Injuries

Problems/Needs:

- **Suicide:** The suicide rate for Pottawattamie County between the ages of 15-44 ranges from 12-15% (per 2008 Pottawattamie County Community Health Status Report) Suicide is the second leading cause of death for Iowans ages 15-40. As a result, it is one of the leading causes of premature death and potential life lost. Suicide is often related to mental health issues and provides one indicator of mental health services that are potentially needed in a community.
- **Car Seat Safety:** There were 24 motor vehicle related deaths for children 0-4; 73 deaths for children aged 5-14 in Iowa for 2002-2005 (via IPRC/IDPH). County Public Health Dept receives multiple requests to assist in obtaining a car seat for children as well as request car seat safety checks by certified child passenger safety tech.

Protect Against Environmental Hazards

Problems/Needs:

- **Safe affordable Housing:** according to the 2009 IA Health Fact book, in 2007, 10.9% of the county's population was at or below the poverty level.
- **Lead testing:** Looking at a study of children that had been lead tested by their 8th birthday, 51.9% children had been tested. This includes a 100% lead test rate for non-Medicaid covered children and a 45.1% test rate of Medicaid enrolled children. (per IDPH blood lead testing guide 2009)

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- **Pertussis:** Between January 1, 2010 and December 10, 2010, there were 26 reported cases of pertussis in Pottawattamie County (per IDPH Iowa Pertussis Update). Prior to this, there were 3 reported cases in Pottawattamie County in 2008 (per 2008 Pottawattamie County Community Health Status Report).
- **STD:** Per 2007/2008 data, there were 505 reported STDs in Pottawattamie County (est. 2.8% rate). This includes Chlamydia, syphilis, and gonorrhea. (2009 Iowa Health Fact Book/IDPH). Likewise, there were only 2 reported cases of syphilis in 2009 for the county

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- Recovery planning: To date the county has not tested or exercised their recovery plans.
- Communication Network: County-wide, there has been a great improvement with the use of Red Alert, a volunteer sign up for alerts that are issued for the county. This system may also be used alert the community for anything from whether biopreparedness etc.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Lack of medical insurance--Drug coverage with Medicare: In 2008, 8,821 individuals were without health insurance (approx 10% of county population), per Pottawattamie County 2008 Community Health Status Report.
- Transportation: According to IDPH's Pilot Passenger Transportation Assessment in 2005, 6.7% of Pottawattamie County households do not have vehicles. Transportation barriers also include limited access to transportation, limited hours of operation, and customer service.
- Nursing shortage: by 2020, it is estimated that there will be a shortage of 1 million nurses nationwide. In the state of IA, 41% of LPNS and 51% of RNs are over the age of 47. There also is a decrease in educators for state nursing programs; in 2008, 2000 qualified applicants had to be turned down from nursing programs due to the lack of educators. Another issues affecting the nursing shortage is hiring freezes due to the economy (data found on iowaindependent.com with information from Iowa Board of Nursing).
- School dropout rate: For 2007/2008, Pottawattamie County had a graduate rate of 0.81 (1050 diplomas) per Iowa Dept. Of Education as listed in the 2009 Iowa Health Fact Book.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>Teen Pregnancy: by 2015 decrease by 3 % the number of teens in our community that are pregnant. Vital Statistics show that Pottawattamie County had 129 teens between the ages of 15-19 giving birth in 2008. Teen pregnancy and childbearing bring substantial social and economic costs through immediate and long-term impacts on teen unemployed or underemployed as a young adult. These effects remain for the teen mother and her child even after adjusting for factors that increased the teenager's risk for pregnancy such as, growing up in poverty, having parents with low levels of education, growing up in a single-parent family, and having low attachment to and performance in school. Teen mothers face higher rates of preterm birth, and their infants have higher rates of low birth</p> <p>Teenage mothers, ages 19 and younger, are more likely to drop out of high school and to be and remain single parents. The</p>	Assist in development and implementation of curriculum for preventing teen pregnancies	Teen Pregnancy task force that includes representatives from the schools, hospitals, Title V agency, VNA/ Public Health WIC etc.	1. Purchase of program, or development of the program, and orientation of presenters to the school/classes by August of 2012
	Encouragement of referrals to Title V agency for home visitation, and Public Health for prenatal education/post delivery education and prevention	Title V agency and Public Health to see clients referred with in appropriate time frame.	By June of 2011, referrals will be logged into programs, and will be seen within 15 days of referral being made.

<p>children of teenage mothers are more likely to have lower cognitive attainment and proficiency scores at kindergarten entry, exhibit behavior problems, have chronic medical conditions, rely more heavily on publicly provided health care, be incarcerated at some time during adolescence until their early 30s, drop out of high school, give birth as a teenager, and be unemployed or underemployed as a young adult. These effects remain for the teen mother and her child even after adjusting for factors that increased the teenager's risk for pregnancy such as, growing up in poverty, having parents with low levels of education, growing up in a single-parent family, and having low attachment to and performance in school.</p>			
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<p>By 2015 there will be an increase in Mental Health Providers. In 2008, 20.79 % of youth taking the Behavior Risk Factor Surveillance System questionnaire reported feelings of stress, depression and emotional problems for 1-7 days. This shows a need for improved screening and referrals.</p> <p>Drug and Substance abuse: Per the CHSI for Pot. County, 3754 people had used drugs within the last month (data from 2009). This equals to approximately 4% of the population. In addition, the following percentage rates were listed for at risk behaviors related to substance use in the state of Iowa: binge drinking (>5 drinks in one sitting for men; >4 for women occurring more than once in the last month): 20.2%; chronic drinking (>1 drink/day for women; >2 for men) with a 5.4% rate; and daily smoker was 18.8% rate.</p> <p>Suicide: The suicide rate for Pottawattamie County between the ages of 15-44 ranges from 12-15% (per 2008 Pottawattamie County Community Health Status Report) Suicide is the second leading cause of death for Iowans</p>	1. Improve screening to all age groups	Area agencies are screening for depression with admission and subsequent visits are being done by Title V agency, VNA, Public Health, LLS,	ongoing
	2. Referrals to area agencies for needed services	Resource list is being developed by Public Health for referral sources.	ongoing, will be updated yearly
	3. Improve the waiting time that clients have when needing services. Currently it could be as long as 45 days to get into be seen by a mental health professional unless in an emergency situation	<p>Utilize counseling services from Nebraska as necessary</p> <p>Much discussion from the BOH regarding barriers to this need. Those included low pay for services, not enough workforce in the community etc.</p>	ongoing

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